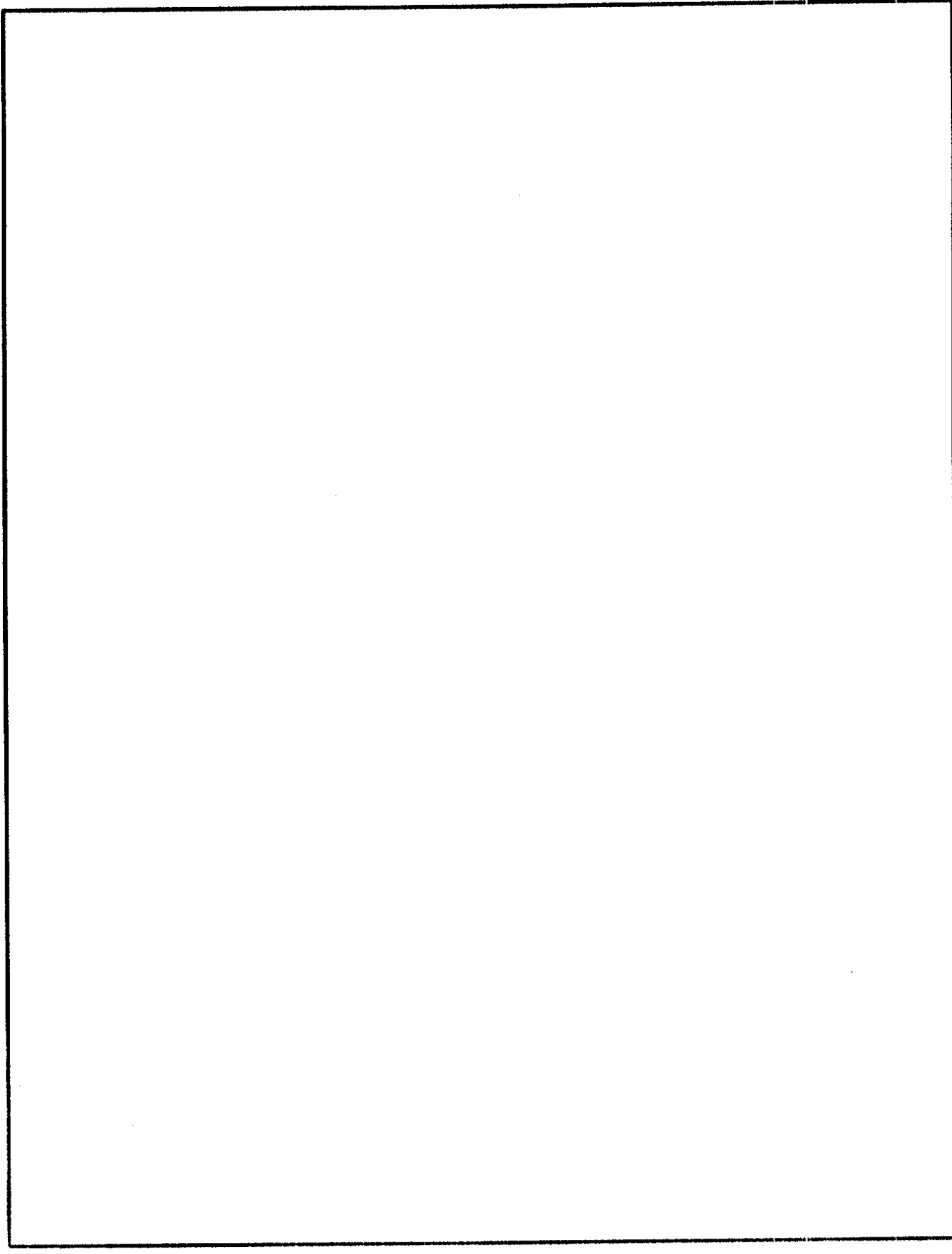


PARABODY

Strength Building Gear

876101

SELECTORIZED LAT OPTION



**PRODUCT ASSEMBLY
INSTRUCTIONS SHEETS**

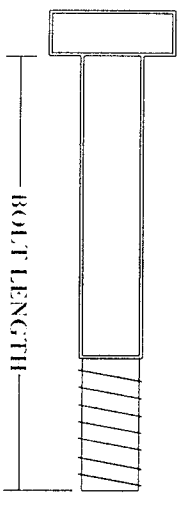
876101 SELECTORIZED LAT OPTION ASSEMBLY PARTS LIST

NOTE: SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

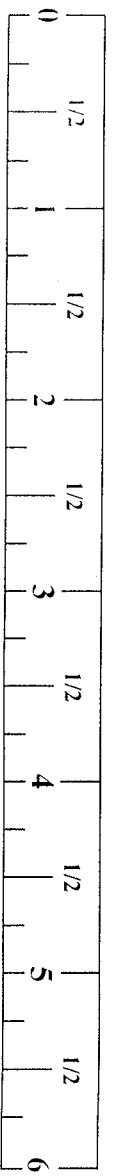
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 2-3/4 IN. BOLT	4
2.	3/8 X 2 IN. BOLT	1
3.	3/8 X 1-1/2 IN. BOLT	1
4.	3/8 IN. WASHER	7
5.	3/8 IN. LOCK WASHER	1
6.	3/8 IN. LOCK NUT	5
7.	STEP SPACER	4
8.	WEIGHT STACK PIN	1
9.	SNAP HOOK	3
10.	9/16 IN. MUSHROOM CAP	2
11.	CHAIN	1
12.	THUMBSCREW	1
13.	WEIGHT STACK CUSHION	2
14.	1 X 8 IN. GRIP	4
15.	WEIGHT PLATE BUSHING	40
16.	5-1/2 X 2-1/2 IN. NON SKID STRIP	2
17.	2 X 3/4 IN. PARAGLIDE STRIP	1
18.	2 X 1-1/2 IN. PARAGLIDE STRIP	3
19.	2-1/2 OD END CAP	2
20.	2 IN. SQ. END CAP	7
21.	1-3/4 IN. SQ. END CAP	1

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



876101 SELECTORIZED LAT OPTION ASSEMBLY INSTRUCTIONS

31. To assemble the LOW PULLEY CABLE, follow the CABLE ROUTING DIAGRAM on drawing, and use the following steps:
 - Attach the end of the CABLE without the BALL to the SNAP HOOK on the end of the HIGH PULLEY CABLE as shown on drawing.
 - Route the CABLE down and around the PULLEY of the LOW ROW PULLEY BRACKET. Attach one (1) SNAP HOOK to the end of the CABLE.
32. Slide four (4) 1 X 8 IN. GRIPS over both ends of the LAT BAR and LOW ROW BAR as shown on drawing. (IF A LUBRICANT IS REQUIRED, COAT THE INSIDE OF THE GRIP WITH RUBBING ALCOHOL)
33. To attach either the LAT BAR or LOW ROW BAR to the HIGH PULLEY or LOW PULLEY CABLE follow the CABLE ROUTING DIAGRAM. (PLEASE REMOVE THE LAT BAR WHEN NOT IN USE)
34. To adjust either the LAT BAR or LOW ROW BAR, attach the CHAIN to the HIGH PULLEY or LOW PULLEY CABLE. Using one (1) SNAP HOOK to adjust the LAT BAR or LOW ROW BAR up and down the CHAIN.
35. Attach the WEIGHT STACK LABELS to the WEIGHT STACK as shown on drawing.
36. To select WEIGHT, rotate the WEIGHT STACK SELECTOR PIN clock wise 90 degrees, insert into the slot of the desired WEIGHT PLATE, and rotate the PIN back down.

876101 SELECTORIZED LAT OPTION ASSEMBLY INSTRUCTIONS

23. SECURELY assemble one (1) 4-1/2 X 3/8 X 1 IN. PULLEY to the **LOW ROW PULLEY SUPPORT** as shown on drawing using one (1) 3/8 X 2 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT.
24. To attach the **LOW ROW PULLEY BRACKET** and/or the **KNEE SUPPORT** to the **UPRIGHT**, simply rotate the attachment 90 degrees from shown, and insert the pin of the attachment through the desired hole in the **UPRIGHT**. Rotate the attachment back down into its resting position.
25. SECURELY assemble the **BASE INSERT** into the end of the **LAT BASE** as shown on drawing using one (1) 3/8 X 2-3/4 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT.
26. Insert one (1) 1-3/4 IN. SQ. END CAP into the **FRONT END** of the **LAT BASE**, and two (2) 2-1/2 IN. OD. END CAPS into each end of the **FOOT BRACE** on the **LAT BASE** as shown on drawing.
27. Attach two (2) 5-1/2 X 2-1/2 IN. NON SKID STRIPS to the **FOOT BRACE** on the **LAT BASE** as shown on drawing.
28. SECURELY assemble one (1) 3/8 X 2-3/4 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT to the second set of holes in the **BASE** of the **UPRIGHT** as shown on drawing.
29. Insert the **LAT BASE ASSEMBLY** into the **BASE** of the **UPRIGHT** up to the BOLT as shown on drawing and secure it in place, using one (1) THUMBSCREW.
30. To assemble the **HIGH PULLEY CABLE**, follow the **CABLE ROUTING DIAGRAM** on drawing, and use the following steps:
 - SECURELY assemble the **THREADED** end of the **CABLE** to the **WEIGHT STACK SHAFT** in the **HEAD PLATE** as shown on drawing.
 - Route the **CABLE** up and over the **PULLEY** above the **WEIGHT STACK**. Continue the **CABLE** to the front of the **UPRIGHT** and around the **HIGH PULLEY**.
 - Insert one (1) 2 IN. SQ. END CAP into the end of the **TOP SUPPORT**, and one (1) 2 IN. SQ. END CAP into the front end of the **FRONT LAT BOOM** as shown on drawing after the **CABLE** has been routed around the **PULLEYS**. Attach one (1) SNAP HOOK to the end of the **CABLE**.
 - See **CABLE ROUTING DIAGRAM** for help in completing this step.

876101 SELECTORIZED LAT OPTION ASSEMBLY PARTS LIST

WELDMENTS/PARTS:
SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

ITEM	NAME/DESCRIPTION	QTY
1.	WEIGHT STACK BASE WLDMT(6450601)	1
2.	REAR LAT BOOM WLDMT(6521901)	1
3.	FRONT LAT BOOM WLDMT(6521801)	1
4.	KNEE SUPPORT WLDMT(6459701)	1
5.	LOW PULLEY BRACKET WLDMT(6443901)	1
6.	LAT BASE WLDMT(6474101)	1
7.	LAT BAR WLDMT(6275301)	1
8.	LOW ROW BAR WLDMT(6274401)	1
9.	BASE INSERT(6465801)	1
10.	GUIDE ROD(6459401)	2
11.	HEAD PLATE(6223001)	1
12.	WEIGHT STACK SHAFT(6284501)	1
13.	HIGH PULLEY CABLE(6451301)	1
14.	LOW PULLEY CABLE(6451401)	1
15.	4-1/2 X 3/8 X 1 IN. PULLEY(3116101)	3
16.	4 X 7 IN. ROLLER PAD(6194601)	2
17.	ROLLER PAD SHAFT(6485301)	1

876101 SELECTORIZED LAT OPTION ASSEMBLY INSTRUCTIONS

THANK YOU

FOR PURCHASING THE *876101 SELECTORIZED LAT OPTION*. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION

IMPORTANT

- THE *876101 SELECTORIZED LAT OPTION* CAN BE ASSEMBLED TO EITHER SIDE. HOWEVER THE ASSEMBLY DRAWING ILLUSTRATES A RIGHT SIDE ASSEMBLY
- IF YOU EXPERIENCE ANY PROBLEM WITH THE ASSEMBLY OF THIS PRODUCT, PLEASE CONTACT YOUR DEALER OR YOUR PARABODY CUSTOMER SERVICE REPRESENTATIVE AT: 1-800-328-9714
- **TOOLS REQUIRED:** RATCHET, 3/4 SOCKET or WRENCH, 9/16 SOCKET or WRENCH, ADJUSTABLE WRENCH, and RUBBER MALLET or HAMMER

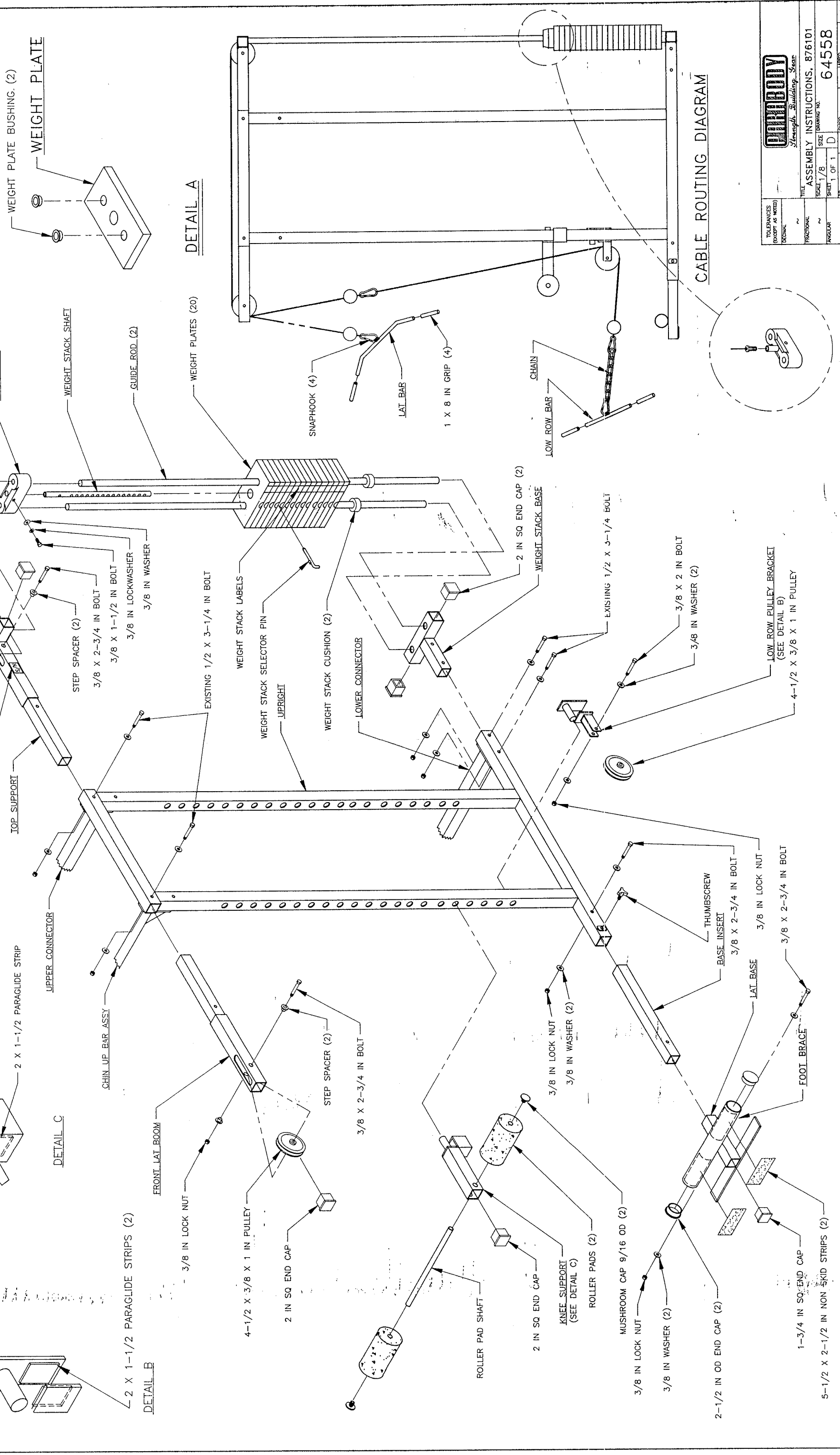
1. Remove all four (4) 2 IN. SQ. END CAPS from the TOP and BOTTOM ends of the UPRIGHT on the side in which the LAT OPTION will be assembled. (PLEASE DISCARD THESE ITEMS)
2. Insert two (2) 2 IN. SQ. END CAPS into both ends of the WEIGHT STACK BASE as shown on drawing.
3. Loosen and remove the two (2) 1/2 X 3-1/4 IN. BOLTS and RELATED HARDWARE from the assembly of the LOWER CONNECTOR to the UPRIGHT from the side in which the LAT OPTION will be assembled. (PLEASE SAVE THESE ITEMS FOR RE-ASSEMBLY IN THE NEXT STEP)
4. Insert the WEIGHT STACK BASE into the BASE of the UPRIGHT, and SECURELY re-assemble the 1/2 X 3-1/4 IN. BOLT and RELATED HARDWARE from the above STEP.
5. SECURELY assemble one (1) 4-1/2 X 3/8 X 1 IN. PULLEY to the inside of the TOP SUPPORT as shown on drawing using one (1) 3/8 X 2-3/4 IN. BOLT, two (2) STEP SPACERS, and one (1) 3/8 IN. LOCK NUT.
6. Insert two (2) 2 IN. SQ. END CAPS into the two side openings of the TOP SUPPORT.
7. Loosen and remove the TOP 1/2 X 3-1/4 IN. BOLT and RELATED HARDWARE from the assembly of the UPPER CONNECTOR to the UPRIGHT from the side in which the LAT OPTION will be assembled. (PLEASE SAVE THESE ITEMS FOR RE-ASSEMBLY IN A LATER STEP)
8. Insert two (2) GUIDE RODS into the holes of the WEIGHT STACK BASE as shown on drawing, and allow them to tilt back. (NOTE: LUBRICATE GUIDE RODS WITH A SILICON OR TEFLON SPRAY THAT IS AVAILABLE AT MOST HARDWARE STORES)

876101 SELECTORIZED LAT OPTION ASSEMBLY INSTRUCTIONS

9. Slide two (2) WEIGHT STACK CUSHIONS (RADIUS EDGE FACING UP) down over the GUIDE RODS as shown on drawing.
10. SECURELY assemble the WEIGHT STACK SHAFT to the HEAD PLATE as shown on drawing, using one (1) 3/8 X 1-1/2 IN. BOLT, one (1) 3/8 IN. LOCK WASHER, and one (1) 3/8 IN. WASHER.
11. Snap two (2) WEIGHT PLATE BUSHINGS each, into twenty (20) WEIGHT PLATES as shown in (DETAIL A).
12. USING EXTREME CARE slide all twenty (20) WEIGHT PLATES down over the GUIDE RODS onto the WEIGHT STACK CUSHIONS as shown on drawing. (MAKE SURE THAT THE KEY HOLES OF THE WEIGHT PLATES ARE ALL FACING THE FRONT OF THE MACHINE)
13. Slide the HEAD PLATE ASSEMBLY down over the GUIDE RODS onto the WEIGHT STACK as shown on drawing.
14. Slide the TOP SUPPORT over the GUIDE RODS as shown on drawing.
15. Rotate the GUIDE RODS forward and insert the end of the TOP SUPPORT into the TOP of the UPRIGHT as shown on drawing, and SECURELY re-assemble the 1/2 X 3-1/4 IN. BOLT and RELATED HARDWARE from STEP 7.
16. SECURELY assemble one (1) 4-1/2 X 3/8 X 1 IN. PULLEY to the inside of the FRONT LAT BOOM as shown on drawing using one (1) 3/8 X 2-3/4 IN. BOLT, two (2) STEP SPACERS, and one (1) 3/8 IN. LOCK NUT.
17. Loosen and remove the TOP 1/2 X 3-1/4 IN. BOLT and RELATED HARDWARE from the assembly of the CHIN UP BAR ASSEMBLY to the UPRIGHT from the side in which the LAT OPTION will be assembled. (PLEASE SAVE THESE ITEMS FOR RE-ASSEMBLY IN THE NEXT STEP)
18. Insert the FRONT LAT ROOM into the TOP of the UPRIGHT as shown on drawing, and SECURELY re-assemble the 1/2 X 3-1/4 IN. BOLT and RELATED HARDWARE from the above STEP.
19. Attach one (1) 2 X 3-4 IN. PARAGLIDE STRIP, and one (1) 2 X 1-1/2 IN. PARAGLIDE STRIP to the KNEE SUPPORT as shown in (DETAIL C) using the following steps:
 - A. Thoroughly clean the surfaces where the PARAGLIDE STRIPS are to be attached.
 - B. Remove the paper backing from the PARAGLIDE STRIPS and firmly apply them to the shown surfaces.
20. Insert one (1) 2 IN. SQ. END CAP into the end of the KNEE SUPPORT as shown on drawing.
21. Assemble two (2) ROLLER PADS to the KNEE SUPPORT as shown on drawing using one (1) ROLLER PAD SHAFT and two (2) 9/16 IN. MUSHROOM CAPS.
22. Attach two (2) 2 X 1-1/2 IN. PARAGLIDE STRIPS to the LOW ROW PULLEY BRACKET as shown in (DETAIL B) and following steps A. and B. from STEP 19.

REVISIONS		REV	DESCRIPTION	CHG NO	APP'D	DATE
A	NEW RELEASE			2422	DLM	6/94
B	MODIFY LAT BASE			2445	DMT	9/94
C	ADDED S/N			2486	DLM	11/94
D	CHG TO MSHRM CAP			2591	DLM	2/95
E	CHG TOP BOOMS			2614	DLM	2/95

DASH NO	DESCRIPTION
01	AS SHOWN



WEIGHT PLATE BUSHING. (2)

WEIGHT PLATE

DETAIL A

DETAIL C

DETAIL B

CABLE ROUTING DIAGRAM

TOLERANCES (EXCEPT AS NOTED)	DECIMAL	FRACTIONAL	ANGULAR
	~	~	~

ASSEMBLY INSTRUCTIONS, 876101
DRAWING NO. 64558
SHEET 1 OF 1
D

TR JWE 1 8/94
DRS MGN 1 8/94
MGN 8/94

